



How Do I Survive the Holidays???

Wednesday, December 13
11:30 a.m.

Stressed about the upcoming holidays? Come learn some tips
and techniques for surviving the holidays.

Maryland Access Point (MAP) provides information and
assistance to area residents.

(Stay for lunch - \$4.68 regular meal cost – reservations required)

Urbana Senior Center

**Offering fitness, enrichment & social opportunities for 50+
301-600-7020**

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)



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